



A Snapshot of Your Strengths

As part of our study, you answered surveys about different parts of your life—like your feelings, thoughts about your neighborhood, and what you like to do. These surveys helped us understand different areas of your health and well-being. This report is a summary of your responses!

Participant ID: YAB200X

Date of Visit: MM/DD/YYYY

AREAS OF WELL-BEING

WHAT WE MEASURED

Environmental Resources

This area is about how where you live and go to school supports your development.



- Greenspace
- Neighborhood Connectedness
- Positive School Environment

Pleasant Activities

This area is about doing activities that are good for your body and keep you socially engaged.



- Community Participation
- Physical Activity

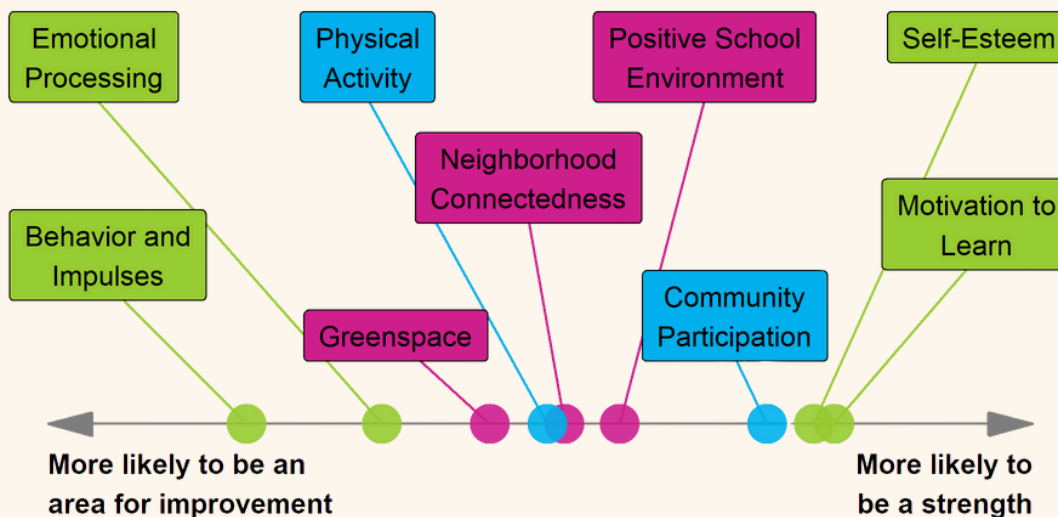
Emotional Well-Being

This area is about how you're doing and how you deal with stress.



- Self-Esteem
- Motivation to Learn (*mastery motivation*)
- Behavior and Impulses (*externalizing behavior*)
- Emotional Processing (*internalizing behavior*)

YOUR RESULTS



SCAN THE QR CODE FOR OUR GLOSSARY

Understanding Your Results



First, some important notes:

These scores don't fully measure your true well-being or potential. There are many reasons why your responses might look different than expected—like if you were feeling tired, distracted, or stressed. You can think of these results as a snapshot or guess about how things were going when you did the survey.

Now... Let's explore what some of your strengths might mean and explore ways to support your well-being!



You scored high in **motivation to learn!**
Research shows that this trait is related to:



YOUR AREAS FOR IMPROVEMENT

BEHAVIOR AND IMPULSES

- Count to 10 or walk away when you feel really angry.
- Talk to a friend or trusted adult about your feelings.
- Try physical activities like sports or dancing to release strong energy.

Learning to manage emotions calmly and express them in healthy ways can help you stay connected to others.

EMOTIONAL PROCESSING

- Talk to a trusted friend or adult when you are sad or worried.
- Write in a journal to let out your feelings.
- Practice deep breathing or mindfulness when you feel overwhelmed.

Processing your feelings in healthy ways can protect your mental health.

GREENSPACE

- Visit a park or take a walk outside with your family or friends.
- Plant flowers, vegetables, or trees at home, or sign up to volunteer at one of DC's community gardens.
- Have a picnic or read a book outside.

Spending time in nature can help people feel calmer, happier, and healthier.

Our tips are based on research! Scan the QR code on the front page to access our citations, a list of resources, and a glossary.

CONTACT US

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